



Valor & Allegiance Recreation Therapy - September 2020



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
AUGUST 30		AUGUST 31		SEPTEMBER 1		SEPTEMBER 2		SEPTEMBER 3		SEPTEMBER 4		SEPTEMBER 5	
Due to COVID-19, group & 1-1 Recreation Events have been temporarily halted for your safety!		Recreation Therapy is focused on Resident safety at this time! <u>Events subject to change!</u>		We appreciate your Patience as we provide person centered care & individual Leisure needs!		VJ Day or "Victory Over Japan Day" Ceremony & formal signing of surrender aboard USS Missouri in Tokyo Bay.		Sean's Virtual Travels Daily @ 1300 & 2030 on Senior TV Channel 4 		Newspaper Carrier Day! On this day, 1833, the New York Sun hired the 1st newsboy, 10-year-old Barney Flaherty.		Be Late for Something Day! The longtime sponsor of this day is the Procrastinators' Club	
SEPTEMBER 6		Unofficial End of Summer 7		Trivia for the Day! 8		9		10		PATRIOT DAY! 11		Nat. Day of Encouragement 12	
Please see Senior Television Channel 4 for Updates & Recreation Event Videos & Photo Slideshows!		Labor Day Lunch! 1st observed by 10,000 workers in New York on September 5, 1882. In 1894, it became an official holiday.		On June 28, 1894, President Cleveland signed into law an act making Labor Day a federal holiday - 1st Monday in September		The Birthday of the Hot Dog, 1884 & Teddy Bear Day! Monthly Cook-in		NFL Season Starts! Kansas City Chiefs hosting the Houston Texans NBC @ 7:20 pm CT		911 Remembrance 19th Anniversary, 2001 Patriot Day & National Day of Service & Remembrance		SEPTEMBER Birthstone = Sapphire Flower = Aster	
Grandparent's Day! 13		14		15		16		17		18		Rosh Hashanah 19	
1st observed in 1973 & founded by West Virginia's Marion McQuade AFRH Protestant Services Channel 4 & Catholic Chapel Services Ch 91		Annual Assisted Living Week Founded in 1995 by the National Center for Assisted Living (NCAL) for public awareness. The 2020 Theme is "Caring is Essential"		September Monthly Birthday LUNCH!! (i) HAPPY BIRTHDAY!		In a world where you can be Anything... be kind! 1800 Channel 4 Featured Movie!		Constitution Day / Pledge Across America – @ 1pm Central Time - People invited to a synchronized Recitation of the Pledge of Allegiance		1000 POW/MIA Ceremony 1400 Air Force Birthday - TV Channel 4		Ahoy thar, mates! Today is International Talk Like a Pirate Day! Thanks for spreading the word & the word is, "Aarr!" www.talklikeapirate.com	
National Dog Week! 20		National Dog Week! 21		First Day of Fall! 22		National Dog Week! 23		National Dog Week! 24		National Dog Week! 25		Trivia for the Day! 26	
AFRH Protestant Chapel Services Channel 4 Daily @ 0800 & 1500 Catholic Chapel Services are on Channel 91		World Alzheimer's Day World Gratitude Day 39th Anniversary of International Day of Peace sponsored by the United Nations. www.un.org		Chair Exercise Daily @ 0900 on Senior TV Channel 4		Dogs come into our lives to teach us about love, they depart to teach us about loss. A new dog never replaces an old dog; it merely expands the heart.		Coronavirus has turned us all into dogs. We roam the house all day looking for food & we are told "no" if we get too close to strangers.		0900 Chair Exercises – Senior TV Channel 4 Virtual Travels Daily @ 1300 & 2030		International Rabbit Day! Celebrated on 4th Saturday in September to raise awareness about protecting both domestic and wild rabbits.	
27		Yom Kippur 28		Funny of the Day! 29		Funny of the Day! 30		OCTOBER 1		Red Friday! 2		OCTOBER 3	
Protestant Svc 0800 & 1500 Catholic Chapel on Ch. 91 M-F 0700, 1100 & 1800 Sat. 1800 & Sun. 0700 & 1100		For Jewish High Holy Days, "The Days of Awe or Repentance" begin right after Rosh Hashanah and last for 10 days to repent their sins.		*Last year I joined a support group for procrastinators. We haven't met yet... Ha! Ha! Catch a sports Game on television!		*I decided to change calling the bathroom the John and renamed it the Jim. I feel so much better saying I went to the Jim this morning...Ha!		Oktoberfest is an annual festival in Munich, Germany. It originated on October 12, 1810! 1800 Ch 4 Movie!		Read, watch a movie, catch up on organizing or cleaning your room, relax...lots you can do!		Please ask for leisure supplies—puzzles, books, art, movies, cards, etc.	
Wash Hands! Wear Masks! Yes, We Can Do It!		Wear your mask Please!		Chair Exercise Daily on Senior TV Channel 4 @ 0900		POW/MIA Awareness Month		LOCATION KEY AT = Activity Room TV = TV Lounge PT = Patio		Keep Calm & Practice Social Distancing! We appreciate you & Want to keep you well!		Recreation will resume when determined the Coronavirus to no longer be a health risk.	